

IOIN 46 MILLION AMERICANS WHO HAVE QUIT SMOKING FOR GOOD

Thursday, November 20th, 2008

County Government Civic Center 10 am - 2 pm

385 North Arrowhead Avenue San Bernardino, CA 92415

For more information contact us at

1-800-637-6653

- LEARN WAYS TO QUIT
- FIND THE RESOURCES YOU NEED
- IMPROVE YOUR HEALTH
- WIN PRIZES!

Get these benefits from quitting in just one day:

20 minutes after quitting:

Heart rate returns to normal
Blood pressure drops to normal

Temperature of hands & feet increase to normal

8 hours after quitting:

Oxygen level in blood returns to normal

Carbon monoxide level in blood drops to normal

24 hours after quitting:

Chance of heart attack decreases



California Smoker's Helpline:

1-800-NO-BUTTS